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'HE'S ESCALATING'
SLEEPWATCHER COULD
DO MORE TO VICTIMS:
EXPERTS {page 3}



WANTED QUAID, WIFE SEEK ASYLUM IN B.C. SCENE {page 14}



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Monday, October 25, 2010
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News worth sharing.



► A Halifax Regional Police officer walks past the crime scene yesterday where a pizza delivery driver was shot dead.

Ninth murder of 2010

Saturday's fatal shooting is HRM's ninth murder case this year, and second case in one week.

► A week ago Saturday night, Donald Jermaine Stevenson, 21, was shot dead at his Jarvis Lane home in Mulgrave Park. ► A man wearing a skull mask entered the house and shot Stevenson in front of two family members, according to police. ► There have been no arrests yet as police

- continue their investigation.
- Spokesman Const. Brian Palmetter of Halifax Regional Police said there is nothing to indicate these two murders are connected.
- Saturday's fatal shooting in Dartmouth took place just metres away from Jason MacCullough Memorial Park, named after a 19-year-old shot to death while walking through the area in 1999.
- His murder has never been solved, and remains one of HRM's most prominent cold cases. ● METRO HALIFAX

WITH FILES FROM THE CANADIAN PRESS

Delivery man killed in shooting

► Windsor Junction man shot dead at Highfield Park apartment ► Halifax Regional Police have no info on any suspects, or evidence victim knew who shooter was

A pizza delivery man had only been on the job a few days when he answered the call that would leave him shot to death outside a Dartmouth apartment complex.

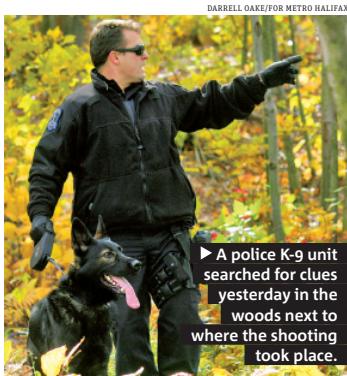
Donald Chad Smith, 27, was found dead outside of 15 Joseph Young St. in Highfield Park just before 9:30 p.m. on Saturday.

He was delivering part-time for Panada Pizza, an employee at the Primrose Street restaurant confirmed yesterday. The employee, who wouldn't give his name, said Smith began working last week.

Police responded to the apartment building after receiving reports of gunfire. They remained on scene yesterday, examining the contents of a dumpster behind the building and canvassing nearby Jason MacCullough Memorial Park with a K-9 unit. Few other details have been released.

"The motive behind this is one of the things we're very much interested in in trying to determine. We are not sure at this point," said police spokesman Const. Brian Palmetter, adding they are investigating "all possibilities."

An autopsy was scheduled for yesterday afternoon. The type of firearm used in the



► A police K-9 unit searched for clues yesterday in the woods next to where the shooting took place.

attack is not known.

A woman living at a nearby apartment said she heard a single gunshot that woke up her two-year-old child. She did not wish to be identified.

"I don't feel safe here, not at all," she said. "I want to get out of here. It's just too much." ● ALEX BOUTILIER

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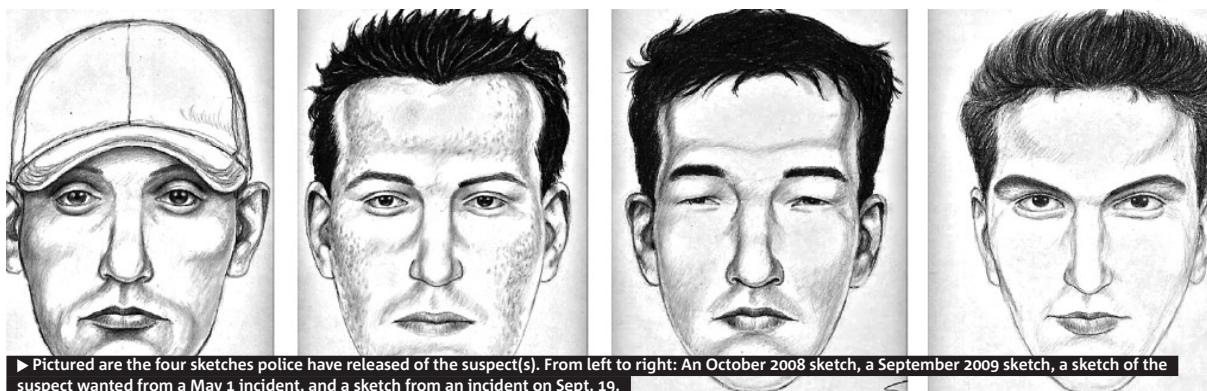
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Sleepwatcher's crimes could get worse: Experts

Halifax police believe they are dealing with one person. Have released four artist sketches of a potential suspect. The sleepwatcher has adhered to a similar method in each of the roughly 20 cases in Halifax's south end since 2008.

He walks into homes through unlocked doors, sneaks into women's bedrooms and quietly watches them sleep until they wake before fleeing out the same open entryway he used to get in.

Dubbed "the sleepwatcher" by edgy Halifax residents, the elusive predator has been carrying out his unusual, apparently random crimes for two years and yielding little information about his identity.

But in one of the most recent incidents, the culprit changed his practices to include what police would only describe as the sexual touching of two young women asleep in their

apartment.

This change has led criminal experts and police to warn that while his behaviour seemed harmless initially, it is escalating and will likely continue to do so.

"He's moving up, he's escalating, so I'd really watch him," Elliott Leyton, a social anthropologist and author of a book on serial killers called *Hunting Humans*, said in a telephone interview from St. John's, N.L.

"The people I end up dealing with often start in this small way."

Leyton drew parallels to the notorious case of Russell Williams, the disgraced



former commander of Canadian Forces Base Trenton who was sentenced last week to life in prison for two murders, assaults and a string of break and enters. Williams' criminal be-

haviour ramped up from the theft of women's and girls' underwear from their homes to the brutal tortures and murders of two young women in the Ontario community.

Don Clairmont, director of Dalhousie University's Atlantic Institute of Criminology, said it's not uncommon to see people progress from observing their prey to attacking them.

"I think once you start doing what this guy (in Halifax) is doing, we've all got to watch out because I would assume the enhancement of those acts is kind of predictable," Clairmont said.

Experts can't say precise-

2 years at large

Police believe the Halifax sleepwatcher began his crimes in the fall of 2008, when people reported four similar-sounding cases of someone watching them sleep before leaving. The incursions stopped for several months and then began again in the spring of 2009, only to cease again in the summer and resume in the fall.

ly what might be motivating the culprit, but suggest he derives a fetishistic sexual pleasure from the encounters.

THE CANADIAN PRESS



News on the move

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On the web at metronews.ca



Gudy Mamann on what those behind the human-smuggling bill can learn from a tragic story in Nazi Germany. More at metronews.ca/immigration

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The names have changed, but U.S. politics remains an 'arena for angry minds.' Scan code for story.

Masked men take cash from local Burger King

Two males wearing ski masks robbed a Burger King restaurant in Dartmouth over the weekend.

Police say the pair approached an employee who was outside the building at the back of the restaurant at 88 Tacoma Dr. early Saturday.

Police say one man was

armed with a knife, and he entered the building and removed cash from the safe.

Police say one of the men they're looking for is a five-foot-eight white male, about 17 years of age, who was wearing a brown puffy coat and black ski mask.

The second person is a white male, five-feet, 10-

Getaway

The suspects fled the area on foot at about 1 a.m., according to police.

inches tall and wearing a black puffy jacket and black ski mask.

THE CANADIAN PRESS

Suspects sought after ATM robbery

Police are looking for a man who robbed two people at knife-point while they were using automated tellers at the Bank of Montreal on Cole Harbour Road last week.

Police say that the suspect struck around 9 p.m. on Friday. He was wielding a knife and demanding that the victims give

him cash.

A small amount of money was turned over and the suspect fled on foot, police say.

There were no injuries. The suspect is described as five-foot-six and very thin. He was wearing a black bomber style jacket and jeans.

● METRO HALIFAX

Legislature should sit more often: Watchdog

► House typically sits about 155 days a year: Democracy Watch rep

Nova Scotia's legislature opens Thursday having sat a total of 67 days since the NDP came to power 16 months ago — an improvement for an elected body that's gained a reputation for sitting among the fewest days in Canada.

However, Duff Conacher of Democracy Watch, an independent accountability watchdog, said he believes Nova Scotia's record falls far short of the number of days a legislature should sit.

Conacher said with roughly 220 working days in a year, elected bodies should sit around 150 days, taking into account their extended summer and winter breaks.

"Politicians' role is to solve systemic problems and a lot of those solutions mean making legislative changes and those can only be done when the legislature is open," said Conacher.

"If the legislature is shut then the government doesn't have to face the music daily in a very public way."

The NDP was critical of the Tories while in opposition, particularly during the three-year period Rodney MacDonald held power and convened the legislature for 36, 38 and 39 days respectively for the year.

Following its June 2009 election victory, the NDP convened a 35-day fall sitting, the longest since premier John Hamm's Conservatives sat for 37 days in the spring of 2003. That was followed up with a 32-day session last spring.

Party whip Mat Whynott said the government is satisfied it is on track to register a number of sitting days that is appropriate for a jurisdiction the size of Nova Scotia.

THE CANADIAN PRESS



► Jessica Hayes smiles as she runs the 100-metre dash in high heels at Huskies Stadium yesterday morning.

DARRELL OAKES/FOR METRO HALIFAX

Fleet feet at Diva Dash

The high-heeled race was part of the Diva Dash and Celebrity Shoe Auction to benefit Sharon Reid, a local MS sufferer looking to obtain treatment in the United States. Organizers yesterday hadn't finalized a total amount raised, but called the event a success.

Fine decision expected in Dec.

The amount of fine to be levied against O'Regan's Chevrolet Cadillac Ltd. in relation to the death of a 22-year-old Timberlea man at one of its body shops two years ago should be known in December.

Kyle Hickey was working at the O'Regan's Kia body shop in Dartmouth just before 4 p.m. on March 13, 2008, when an

explosion rocked the building. Hickey was severely burned and died the next day.

O'Regan's Chevrolet Cadillac Ltd. pleaded guilty in September to a charge under the Occupational

Victim's parents

Kyle Hickey's parents read victim impact statements in court last Monday.

► "We mark each and every

day as not another day, but as another day without Kyle": Paul Hickey, victim's father.

► "I will never get over losing Kyle": Estella Hickey, victim's mother.

Health and Safety Act in relation to the fatal explosion.

A sentencing hearing concluded Friday with the Crown seeking a fine of \$150,000. The auto group's defence lawyer countered with \$30,000.

Judge Pam Williams is expected to make her decision Dec. 8.

● METRO HALIFAX

Repair money for affordable housing

The federal and provincial governments have announced \$21 million in funding for repairs and renovations to affordable housing across Nova Scotia.

An additional \$11 million was also announced Saturday for the construction of new housing for low-income seniors and

people with disabilities.

The funding will be divvied up between a number of communities — with \$1.2 million going to renovate 50 units in Lower Sackville, \$1.4 million for renovations in Dartmouth and more than \$4 million to build 14 seniors' duplexes in Sydne.

● METRO HALIFAX

Leaking fishing boat makes it safely back to harbour with help from pump

A fishing vessel taking on water off southern Nova Scotia used a pump dropped to it by a rescue aircraft to stay afloat as it safely returned to harbour Saturday.

A spokesman for the rescue co-ordination centre in Halifax said the Bick-

On watch

► Cmdr. Mike Considine said the coast guard ship Edward Cornwallis monitored the fishing vessel as she steamed to harbour.

for the rescue co-ordinat-

ation centre, said the pumps ensured the vessel stayed afloat as it motored to Liverpool.

Considine said the vessel made harbour at about 4:15 p.m., and that all 15 on board were safe and sound.

THE CANADIAN PRESS

French services improving: Steele

Acadian and francophone Nova Scotians can now access more government services and information.

Graham Steele, the minister responsible for Acadian affairs, has issued a bilingual progress report outlining the achievements of designated public

institutions during the 2009-10 fiscal year.

Steele says there has been a measurable improvement as government departments integrate French-language services into program planning and delivery.

THE CANADIAN PRESS

Making a connection

- Event for homeless first of its kind in Atlantic Canada
- Response from community positive: Organizer

Meghan Laing noticed a marked difference yesterday in the people walking into Halifax Connects and people walking out.

"Just the body language of some of these people coming in ... and coming out, shoulders high, smiles on their face," said Laing, one of the organizers of the all-day event providing services for Halifax's homeless and low-income populations.

Participants at Halifax Connects, held at the Armoury, were offered basic services like haircuts, clothing, health and wellness counselling and a hot lunch.

Laing said the foot care, wound treatment, and haircut stations were far and

Regular event?

► Halifax Connects was modelled after a similar event first held in San Francisco in 2004. Since then, similar events have been held across the United States, as well as Calgary, Edmonton, Regina and Ottawa. Organizer Meghan Laing hopes to have it become a regular event in HRM, with another tentatively planned sometime between six months and a year from now.

employment programs.

More than 500 people took part — more than Laing had hoped for the event, which was advertised exclusively by word of mouth. It brought together volunteers and service providers usually spread all over the municipality.

Bill Pratt, executive director of the Saint Leonard's Society of Nova Scotia, said gathering everyone under one roof was a benefit to service providers as well.

Pratt said while it's always difficult to gauge numbers at a given point, he was confident about a third of HRM's homeless population benefited from yesterday's event.

● ALEX BOUTILIER

away the most attended.

Participants were also given the opportunity to learn about education and

Commons. Tents



► A man walks by some of the roughly dozen tents erected on the Halifax Commons yesterday morning.

DARRELL OAKES/FOR METRO HALIFAX

Raising awareness for housing

The tents were part of a protest held Saturday at the Commons to raise awareness for more affordable housing across the province.

News in brief

Avalon rated in top spot

TRAVEL. National Geographic Traveler magazine has selected Newfoundland's Avalon Peninsula as its top rated coastal destination.

The magazine's Novem-

ber issue says the peninsula, the easternmost point in North America, is a "blustery realm" that is home to "brightly painted fishing villages and the lively city of St. John's." Nova Scotia's South Shore was rated eighth.

THE CANADIAN PRESS

Self-employment on the rise

BUSINESS. The Canadian Federation of Independent Business says self-employment in Nova Scotia has hit an all-time high.

The small-business lobby group says more than 60,000 Nova Scotians are self-employed — a number that grew by 11 per cent in the five-year period between 2001 and 2006.

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Khadr's lawyer denies deal in war crimes trial

► Court appearance expected today, says his defence team ► Civil- and legal-rights groups condemn process

A possible agreement by Guantanamo Bay's youngest inmate to plead guilty to war crimes hung in the balance yesterday with his Canadian lawyer emphatically denying a deal had been struck.

With prosecution and defence set to huddle with the presiding judge, lawyer Dennis Edney did suggest Omar Khadr would have little choice but to admit guilt when his military commission trial resumes today.

"All I can tell you is there's trial (today) and there's no deal in place as of this particular moment," Edney said.

Khadr's lawyers have previously confirmed plea

War crimes trial

Now 24, Omar Khadr has been in U.S. custody since he was captured in Afghanistan at age 15.

- Pentagon Has charged him with five war crimes.
- Allegation Among other things, the U.S. accuses him of throwing a grenade that killed special forces Sgt. Chris Speer and blinded former sergeant Layne Morris.

talks were underway but refused to provide any details. However, according to numerous reports, a proposed deal would see Khadr plead guilty in ex-

change for serving another eight years in custody, most of them in Canada, on top of the eight he has already spent in prison.

U.S. Secretary of State Hillary Clinton spoke to Canadian Foreign Affairs Minister Laurence Cannon on Friday, apparently to press the government of Prime Minister Stephen Harper to agree to repatriate Khadr.

With Guantanamo's lone westerner facing a possible life sentence if convicted at trial, Edney suggested his client's best hope of eventually seeing freedom would be to plead guilty before a trial.

THE ASSOCIATED PRESS

Cholera closes in on Haiti camps

A spreading cholera outbreak in rural Haiti threatened to outpace aid groups as they stepped up efforts, hoping to keep the disease from reaching the squalid camps of earthquake survivors in Port-au-Prince.

Health officials said Saturday at least 208 people had died and 2,674 others were infected in an outbreak mostly centred in the Artibonite region north of the capital. But the number of cases in towns near Port-au-Prince were rising, and officials worried the next target will be hundreds of thousands left homeless in January.

THE ASSOCIATED PRESS

Red Cross spokesperson Julie Sell said teams would begin teaching people in refugee camps how to prevent cholera — starting today, Day 5, after the outbreak. "We're taking this very seriously," she said.



LIFE WITH ASTRONAUTS

MISSION NOT ALWAYS A BLAST FOR SPOUSES

Imagine being barred from giving your own mother one last hug before going into space.

That's what happened to Canadian astronaut Bob Thirsk in May 2009, just before blast-off into space aboard a Russian spacecraft.

The incident is just one of many emotional moments recounted in My Countdown, a new book written by Lena De Winne — wife of the Eu-

ropean astronaut Frank De Winne, who flew with Thirsk.

Lena De Winne said she wrote her book to show the human side of space flight.

Thirsk's wife of 25 years, Brenda Biasutti, said having her husband "literally off the planet required redefining the meaning of loneliness, separation and distance."

THE CANADIAN PRESS

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War doc leaks contradict U.S. officials' Iraq stories

An Iraqi family gunned down after approaching a U.S. patrol too fast. Dozens of men shot execution-style by sectarian death squads.

Grisly killings of civilians have come to define the Iraq war. New details found in government documents released by WikiLeaks, however, provide a surprising level of detail about many attacks and raise questions about how much the U.S. military

knew during the months it sought to play down the reports of the slaughter.

The documents include reports from soldiers on the ground about day-to-day violence and individual attacks — including shootings, roadside bombings, and the execution-style killings and targeted assassinations that left bodies in the streets of Baghdad at the height of sectarian violence that

pushed the country to the brink of civil war.

The information is full of military jargon and acronyms but often includes names of victims, time of attacks and neighbourhoods where they occurred.

That contradicted years of statements by American officials, who have repeatedly resisted providing information about civilian casualties.

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Russell Williams faces 'grim' conditions

► Lawyer says he will likely spend 23 hours a day in a 2.5-by-3-metre cell
 ► Similar to the cell of Paul Bernardo

From flying military jets and meeting dignitaries to living in a cell the size of a walk-in closet at Kingston Penitentiary — Russell Williams has entered a "grim" existence.

The former airbase commander turned sado-sexual killer was sentenced Thursday to life in prison with no chance of parole for 25 years for the slayings of Jessica Lloyd and Marie-France Comeau.

As Williams was being promptly whisked away to the maximum security prison, the lead detective in the case said he'll serve his sentence in the segregation unit, home to some of Canada's most notorious inmates — including schoolgirl killer Paul Bernardo.

Defence lawyer Tony Bryant, who represented Bernardo, expects Williams will be on the same range as his old client.

"Some people will rebel and fight. Others will have an initial period of shock and then a decision that they need to get on with it."

LAWYER AND PSYCHOLOGIST
 PATRICK BAILLIE

Bernardo's tiny cell — his home for the past 15 years — is not much larger than a typical household washroom, equipped with a cot, desk and toilet.

Williams would likely be in the segregation unit for his own safety, said Bryant, adding prison officials have an obligation to take care of everyone — they can't pick and choose.

THE CANADIAN PRESS



Megi's power wanes

Torrential rains drenched China's southeastern coast as once-powerful Typhoon Megi weakened to a tropical depression yesterday and more than 300,000 evacuees waited to return to their battered homes. Thailand also suffered flooding the government said caused at least 23 deaths. Taiwanese rescuers were still searching for 19 Chinese tourists who remain unaccounted for after their tour bus was trapped by massive rockslides from the rains.

Thief's hand cut off in Iran

Iranian authorities have amputated the hand of a convicted thief in front of other prisoners, state radio reported yesterday, in a possible step toward restoring the punishment to common use and carrying

it out in public.

Cutting off the hands of thieves — allowed for by the Iranian judiciary's strict reading of Islamic law — has been rare in Iran in recent years, but the amputation reported yesterday was the second this month.

The report said the 32-year-old convict, whose hand was cut off at a prison in the central city of Yazd, had committed four robberies and other crimes. It did not elaborate or identify

the prisoner by name. Yazd is 670 kilometres, southeast Tehran.

There were no details on how the punishment was carried out. There have been conflicting reports in the past, with some saying amputations were done in the early 1980s without any medical procedures. Other reports said they were carried out in the presence of a doctor. A recent news report said they would now be carried out

Sentencing

► A week ago, a judge ordered the same punishment for a man who stole from a candy shop, though that ruling can still be appealed.

with the prisoner receiving anesthesia.

The punishment has been part of Iran's penal code since 1980.

THE ASSOCIATED PRESS



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 NOVA SCOTIA

Ignatieff forced to scale back

A little over a year ago, Michael Ignatieff was exhorting Canadians to "think big." But at two recent Open Mike nights he said he can't promise to throw money at every problem. **THE CANADIAN PRESS**



► Liberal Leader Michael Ignatieff

Costly ideals

Just last year in his 17th book, *True Patriot Love*, Ignatieff extolled the virtues of what he billed as big, bold, visionary ideas: things like high speed rail and electricity corridors and completion of a four-lane, coast-to-coast national highway.

Threshold being pushed to the limit

► Lowering the bar for blood-alcohol limits would overwhelm system: Study

An internal government study is warning that lowering the bar for drunk driving convictions could overwhelm the justice system.

The Justice Department study says courts, police forces and jails could be pushed to the breaking point if the federal government ever lowered the criminal drunk-driving threshold.

Ottawa is being pressed by Mothers Against Drunk Driving, the Centre for Addiction and Mental Health and others to tighten Canada's blood-alcohol limits for impaired driving.

But the department's criminal law policy section warns cutting blood-alco-

Drunk driving

- The current threshold is 80 mg of alcohol per 100 ml of blood, or .08 per cent.
- Drivers with levels above this are subject to criminal charges, including jail time.
- The standard, set in 1969, is out of step with much of the world.
- Australia, Germany, Italy and other states set it at .05 per cent.

hol limits to levels established in many other countries would likely double the number of cases in a justice system that is already overloaded.

THE CANADIAN PRESS

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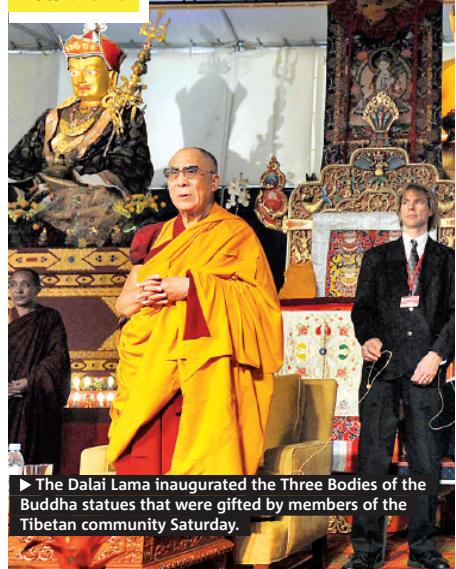
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Dalai. Lama



► The Dalai Lama inaugurated the Three Bodies of the Buddha statues that were gifted by members of the Tibetan community Saturday.

SAILI PORTO/TOP NEWS

Buddhists bring gifts

The statues, as high as 14 feet, will form part of a permanent collection of sacred Buddhist statues in the assembly hall of the Tibetan Canadian Cultural Centre in Toronto. Enhancements to the facility were made possible by funding provided in part by the Government of Canada, local Tibetan community fundraising and with contributions from friends of the Tibetan Canadian Cultural Centre. The dignitaries that were present along with His Holiness the 14th Dalai Lama was Opposition Leader Michael Ignatieff and Toronto Mayor David Miller.



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Big bets, small screens

Canadian retailers are placing big bets on small screens this fall whether it's the iPad, the BlackBerry Torch smart phone, or the Kobo e-reader. But they're also placing a bet on the new 3D TVs, hoping to convert continuing demand for big screen TVs into sales of this brand new technology.

Delegates from Canada's 101 local real estate boards yesterday in St. John's, N.L., ratified a deal worked out by the federal Competition Bureau and the real-estate industry.

It would allow consumers to choose what services they want from their agent when selling their homes, and to pay for only those services.

The deal was reached af-

"We are pleased that after careful consideration and reflection, real estate boards and associations from across Canada have endorsed the agreement."

GEORGES PAHUD, PRESIDENT OF THE CANADIAN REAL ESTATE ASSOCIATION

ter months of negotiations between the competition watchdog and the Canadian Real Estate Association that represents some 100,000 realtors.

Under the deal, CREA

has agreed that its rules as well as those of its members should not deny or discriminate against realtors wishing to offer mere posting services.

The Competition Bureau

has been pressuring CREA to change rules it calls "anti-competitive" on behalf of realtors and consumers who want more flexible services.

But experts say the doors to lower-cost services won't be thrust open overnight because the industry is dominated by traditional agents who are reluctant to change their business models. THE CANADIAN PRESS



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To learn more and apply for the award visit: www.ttns.gov.ns.ca/event



Women's earnings rise: Study

Having a detailed financial plan can help dodge pitfalls, experts say

Research shows that, as women are increasing their earning power, many are also taking the reins of their finances. That's a good thing, especially because married women may outlive their partners by an average of eight years.

Financial planners say it's important for women of all walks of life, and in every stage: single, married, divorced, widowed, and with or without children to take charge of their investments and finances. That's because women often have

different attitudes about investing — they may feel less confident or optimistic — and some of life's main events, from buying a home to getting married or divorced, can have the greatest impact on their bottom line.

Women account for one in three online investors at RBC Direct Investing, says Karen Chung, a manager at an RBC centre in Toronto. In particular, women ages 45 and older are more likely to have online investing accounts. **TORSTAR NEWS SERVICE**

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► Karen Chung is a manager at RBC's investing centre in the concourse of Royal Trust Tower in Toronto. She says a recent study found that 42 per cent of women earn the same or more than their husbands.

Profit reports coming this week

\$1.09 Analysts expect CN's earnings per share for the third quarter will come in at \$1.09.

ter sense of how things are at the end of next week because we just have so many companies reporting," said Norman Raschkow, North American strategist at Mackenzie Financial Corp.

Investors will have plenty to focus on this week as the third-quarter Canadian earnings season kicks into gear and the latest economic growth figures are released for Canada and the U.S.

Earnings news will be centred around the resource sector, including railways, although investors will also take in the latest quarterly reports from Rogers Communications Inc. tomorrow and Corus Entertainment on Wednesday.

"We will have a far bet-

ter sense of how things are by industry. But so far, I have to say that the results that have been reported in the U.S. and the few reported so far in Canada have come out pretty well, in terms of earnings exceeding estimates and not having as many revenue shortfalls as we had in the first and second quarters."

THE CANADIAN PRESS

G20 vows to fight fiscal imbalance

The world's leading advanced and emerging countries vowed Saturday to avoid potentially debilitating currency devaluations, aiming to quell trade tensions that could threaten the global recovery. The Group of 20 also said it will pursue reductions of imbalances.

THE ASSOCIATED PRESS

Market moment

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-0.06¢ US
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OIL

+ \$1.13 US
\$81.69 US

Natural gas

1,000 cu ft
\$3.332 US
(- 3.6¢)
Gold contracts
\$1,325.10 US
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ANDREW WALLACE/TORSTAR NEWS SERVICE

MAKING A CHOICE WITH CONSEQUENCES

Urban Compass

STEPHEN KIMBER



CBC Radio Mainstreet host Stephanie Domet had an interesting conversation last week with Liberal MP Scott Brison and former provincial PC leadership candidate Bill Black.

The topic: Taming Nova Scotia's debt woes. While Black in particular had many thoughtful things to say, I was intrigued by his answer to one question. Does it really make sense for a debt-saddled province to commit \$163.5 million over 25 years to construct a new convention centre?

Black had clearly examined the numbers behind convention centre proponents' better-than-sliced-bread claims and

pronounced them "inflated." Despite that, he concluded we would probably look back in 20 years and say building the centre was money well spent.

That's curious. Forget what the research says because we know it lies, but don't worry. It will work out. Be happy.

But could not that \$163.5 million be invested as well — if not better — in improving support for the 4,000 often underachieving black students in our school system?

More education. Higher skills. Better paying jobs. More provincial taxes ...

Education Minister Marilyn

More last week "agreed" or "strongly agreed" with all 68 recommendations in a 2009 report on helping African Nova Scotia students. But she didn't put a penny toward that goal.

"Instead, the government anted up \$163.5 million for a convention centre, most of whose ongoing jobs will likely be part time and low paying."

Instead, the government anted up \$163.5 million for a convention centre, most of whose ongoing jobs will likely be part time and low paying.

Investing in a convention centre is a choice — with consequences.

Unsurprisingly, many who want governments to sink public money into a convention centre also advocate spending and tax cuts designed to limit

even more public opportunities to invest in better educated, more qualified citizens.

Take the Halifax Chamber of Commerce. After last week's convention announcement, president Valerie Payn gushed "she could feel the positive vibes already" from the decision to pour public money into a convention bunker we won't own.

Three months earlier, she was bleating that the provincial budget didn't reduce the small business tax rate as much as the chamber wanted and increased the hated HST by two per cent.

"Our members have told us they wanted the province to look for spending cuts," she said.

Oh, yes, and a convention centre.

Beware those who conflate private with public interest.

Cartoon

MICHAEL DE ADDER



Some tasty findings

Worth mentioning

The ability to taste isn't limited to the mouth, and researchers say that discovery might one day lead to better treatments for diseases such as asthma.

It turns out that receptors for bitter tastes are also found in the smooth muscles of the lungs and airways. These muscles relax when they're exposed to bitter tastes, according to a report yesterday from researchers from the University of Maryland College of Medicine in Baltimore in the online edition of the journal *Nature Medicine*.

That surprised Dr. Stephen B. Liggett, a lung expert who noted that bitter tastes often are associ-

Science at work



ed with poisonous plants, causing people to avoid them.

Liggett said he expected the bitter-taste receptors in the lungs to produce a "fight or flight" reaction, causing chest tightness and coughing so people would leave the toxic environment.

Instead, when scientists tested some non-toxic bit-

ter compounds on mice and on human airways in the laboratory, the airways relaxed and opened more widely. The compounds "all opened the airway more profoundly than any known drug that we have for treatment of asthma or chronic obstructive pulmonary disease," Liggett said.

THE ASSOCIATED PRESS

Would you dare to wear white after Labour Day?

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B3K 0B5 • T: 902-444-4444 • Fax: 902-422-5610

Advertising: 902-421-5824 • halifax_advertising@metronews.ca

• halifax_distribution@metronews.ca

Publisher Greg Lutes, Managing Editor Philip Croucher,

Sales Manager Dianne Curran, Distribution

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Metro Minute at Discovery Centre

The young and the not so young can now learn everything about space at Halifax's Discovery Centre.

The Cosmonautica exhibit has landed at the Barrington Street location to relive the past 50 years of space exploration and what the next 50 years might look like. The exhibit runs through to December.

Topics include: The first human to travel to outer space; the first man to walk on the moon; the first launch of an Ariane rocket; and the first Internet retransmission of an image of the Martian surface. This exhibit is supported by the Canadian Space Agency. Visit discoverycentre.ns.ca for more. • METRO HALIFAX



► The Cosmonautica exhibit has landed at the Halifax Discovery Centre.

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A dynamic, low-angle photograph of a bright blue Chevrolet Cruze sedan in motion, driving towards the viewer on a city street. The car's sleek lines and shiny exterior are highlighted by the sunlight. The background shows a blurred cityscape with tall buildings under a clear blue sky, conveying a sense of speed and urban style.

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er Small segment. Your actual fuel consumption may vary. Excludes hybrid and diesel models. Production begins November 2010. [†]Based on latest published competitive information available at time of printing. Excludes other GM models. Conditions and limitations apply, see dealer for details.



News in brief



It's another girl for Matt Damon and his wife. Damon's spokeswoman Jennifer Allen says Luciana Damon gave birth to Stella Zavalava Damon on Wednesday in New York City. She is the couple's third daughter. She joins Gia, born in 2008, and Isabella, born in 2006. Luciana Damon also has a daughter, Alexa, from a previous marriage.

THE ASSOCIATED PRESS

Quaid saga keeps getting weirder

► Actor and wife claim for asylum in Canada, saying they fear being 'murdered' like Heath Ledger and David Carradine ► Vancouver residents have best seats in the house for odd arrest

DARRYL DYCK/THE CANADIAN PRESS



► Evi Quaid, left, and her husband, actor Randy Quaid, are escorted from an Immigration and Refugee Board hearing in Vancouver on Friday. Actor Randy Quaid and his wife say they need asylum in Canada to escape "Hollywood star-whackers."

An upscale Vancouver neighbourhood is still buzzing after the arrest of actor Randy Quaid and his wife Evi, who are wanted in the United States on outstanding warrants.

Debbie Pfeifer, who works in a lingerie store in the Kerrisdale area, said she peered out the window Thursday afternoon when she noticed a police car blocking the road next to a bank.

Pfeifer said several plain-clothes officers started milling about at around 3 p.m. as a tall, bearded Quaid spoke to a man she believes was his lawyer and Evi Quaid "popped in and out of a police car."

Pfeifer and her co-worker didn't know the drama unfolding before them and several shopkeepers for two hours involved a Hollywood actor and his "smartly dressed" wife, who wore a

black puffy jacket.

"A customer came into the store and said, 'That was Randy Quaid out there.'"

Pfeifer said she hadn't seen Quaid, a former Oscar nominee, in a movie for a long time and didn't recognize him.

"Apparently the rumour was he was in the (bank) making inquiries about getting a mortgage or something and of course they

put the information in the computer and it pulls up that there's a warrant out for him from the States."

Officials with the Canada Border Services Agency and police spoke with the Quaids before their black car with California licence plates, possibly a BMW, was towed, Pfeifer said.

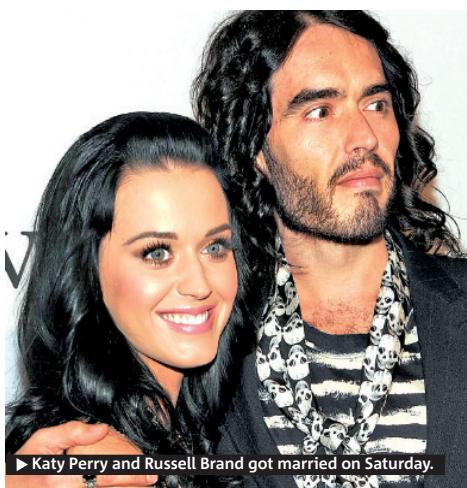
Quaid and his wife are wanted in the United States for allegedly breaking into a home they once owned

and then failed to show up for a court hearing on felony vandalism charges.

They are now seeking refugee status in Canada.

Toronto immigration lawyer Lorne Waldman said the couple may end up living in Canada for at least six months, even if officials expedite a hearing after determining whether the couple is eligible to make refugee claims.

THE CANADIAN PRESS



► Katy Perry and Russell Brand got married on Saturday.

Brand, Perry marry in India

Comedian Russell Brand and pop star Katy Perry were married Saturday in northwestern India, the couple confirmed in a statement.

A Christian minister and longtime friend of Perry's family performed a "private and spiritual ceremony," which was attended by family members and close friends, said the statement released by the couple's representatives.

"The backdrop was the inspirational and majestic countryside of Northern India," said the statement, which did not provide any further details on the cere-

mony.

The wedding was held at the Aman-e-Khas luxury resort in a tiger reserve in Ranthambore National Park, a hotel official said on condition of anonymity as he was not authorized to speak to the media.

Security has been stringent with private security guards stationed at the resort and other nearby hotels where guests and the couple are staying for the six-day wedding celebration.

Photographers and media reporters were not allowed into the Aman-e-Khas wildlife re-

treat. The couple have given the exclusive coverage rights to a London magazine, and no other photographers or journalists will be allowed into the resort.

The wedding venue was lit with lamps, colourful lights illuminated the trees and flower garlands festooned the luxury tents at the resort, the hotel official said.

Both Brand and Perry wore traditional Indian clothes to the wedding, the hotel official said.

Perry donned a sari, as did a number of other female guests at the ceremony. THE ASSOCIATED PRESS



Don Williams returns to the spotlight with Country Music Hall of Fame induction, tour

Rehab busting Lohan's bank

► Lindsay avoids jail but struggles to pay her bills at Betty Ford Centre

Lindsay Lohan has avoided going to jail after her latest probation hearing, but she'll now be required to stay in rehab at the Betty Ford Center until January, but there's one problem.

According to Hollscoop, Lohan can't afford rehab.

"She indicates she can not afford to continue to pay for the treatment program and she needs to work," Lohan's probation report reportedly states. "Her clothing line is falling apart because she is not available to monitor the product."

A 90-day stay at the Betty Ford Center reportedly

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costs about \$53,000 US.

Judge Elden Fox recently granted the actress leave to catch up on well-being projects on one condition: the actress must wear her SCRAM bracelet and must report back to rehab immediately after work.

But according to People magazine, Lindsay hasn't stopped working in rehab.

The star continued to work on her clothing line from inside the centre, and held meetings with whoever she needed to talk to.

"Lindsay is still seeing income from the line, and it's doing three times better than originally expected," a source says. "It's keeping her busy and productive."

PETA denies plans for Becks blood bath

WHO KNEW THAT BRITISH TABLOIDS AREN'T REPUTABLE SOURCES OF INFORMATION?

People for the Ethical Treatment of Animals' UK affiliate has retained legal council and is considering legal action against The Mirror newspaper.

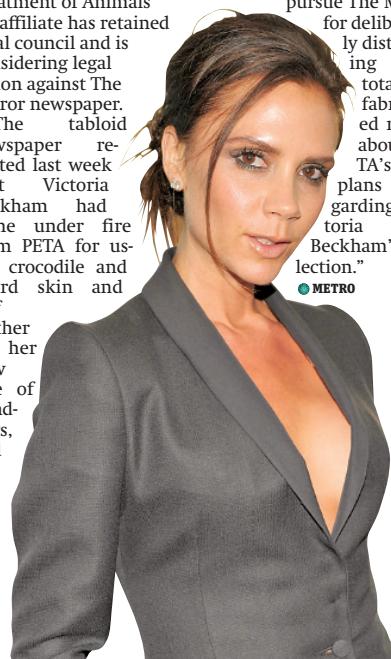
The tabloid newspaper reported last week that Victoria Beckham had come under fire from PETA for using crocodile and lizard skin and calf leather

in her new line of handbags, and the

group was planning to douse her in lizard blood.

A PETA spokesperson says it plans to "vigorously pursue The Mirror for deliberately distributing a totally fabricated report about PETA's plans regarding Victoria Beckham's collection."

● METRO



Hangover cast killed Gibson's comeback cameo appearance

After Mel Gibson's top-secret cameo in the Hangover 2 was reportedly scrapped over objections by cast and crew, the role has gone to Liam Neeson, according to Us Weekly.

"It's true pending clearance of cast and crew background check," Neeson's



rep says. The film's cast — in-

cluding Bradley Cooper and Zach Galifianakis — reportedly protested when Gibson's participation was announced.

"They don't want him to be in the movie and serve as a platform for some creepy comeback," a source says.

Why did I marry Michael Jackson?

Lisa Marie Presley admits that she was more than a little mystified by her marriage to Michael Jackson in 1994.

"I didn't understand my relationship with him," Presley tells Oprah Winfrey in a recently released interview.

"He became very good at making and creating and puppeteering and manipulating to some degree. I always confused that manipulation thinking that that manipulation meant that he didn't love me. I understand it better now. The manipulation was because it was a survival tactic for him."

● METRO

Talking points

Aguilera can't wait for Bratman to bounce

WE DON'T BLAME HER. SHE HAS WOMEN SHE HAS TO SLEEP WITH Christina Aguilera is reportedly itching for Jordan Bratman to move out, as her soon-to-be ex-husband is still staying at their Beverly Hills home, according to TMZ.

The couple has been separated since September, and Aguilera is reportedly staying in a hotel while their divorce is finalized because Bratman won't leave.

Celebrity tweets

Kanye West (@kanye-west) ...but seriously have you guys taken time to think about that concept????! COMMERCIAL ART!!! It just came to me! That's what I make!

Jessica Alba (@jessica-alba) I'm so not motivated to work out right now... Need some encouraging words tweeps!

Will Arnett (@arnett-will) Oh, I've earned this visit to Chilli's on Long Island.

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3

life

Up and down

Stroller safety pointers

Health Canada issued an advisory Wednesday reminding caregivers not to leave children unattended in strollers, as it could put them at risk for entrapment, asphyxiation or falls. Deaths and injuries have occurred when children were left sleeping unattended or when stroller restraint systems were not used, it said. The advisory coincides with the U.S. recall of about two million strollers after reports of four deaths. The U.S. Consumer Product Safety Commission said the deaths occurred between 2003 and 2005 when the four infants became trapped inside the strollers and were strangled.

THE ASSOCIATED PRESS



NATHAN DENETTE/THE CANADIAN PRESS

Get ready for a pop culture Halloween

It may be the biggest — and spookiest — costume event on the calendar, but hot looks for this Halloween are going beyond the realm of standard ghoulish get-ups.

Ghost and goblin garb may continue to be a mainstay among fans of more traditional, creep-tastic Halloween fare. But a trend that continues to evolve and gain momentum is keeping producers and distributors of costumes on their toes as they try to stay plugged in to

"People definitely want to be individual, they want to be creative. I think the DIY and crafting movement growing is huge and has a big influence on that as well."

MEG ALLAN COLE FROM VALUE VILLAGE

what's making waves in popular culture.

From outlandish electro-pop diva Lady Gaga to the fist-pumping, tan-loving cast of MTV reality hit show Jersey Shore, imitating celebrities and pop icons continues to loom large this Halloween.

Meg Allan Cole, costume consultant for Value

Village, says the embracing of pop culture-inspired costumes has definitely grown in the last five to 10 years.

"People definitely want to be individual, they want to be creative," she said from Brooklyn, N.Y. "I think the DIY and crafting movement growing is huge and has a big influence

on that as well."

Cole says Lady Gaga's omnipresence and her wide variety of ever-changing looks is what makes her a standout to emulate this season.

"She is huge and there's so many incarnations of her that I think people love seeing that there's so many different Lady Gagas they can choose from," she said.

Among the do-it-yourself projects posted on the retailer's website are a pair of Gaga-inspired

True Blood

In a survey that polled 1,000 adults about their Halloween shopping habits, popular costumes and trends for 2010, Value Village found respondents looking to hit series, films and characters for style inspiration. HBO's True Blood sank its fangs into the top spot among those surveyed

THE ASSOCIATED PRESS

looks, including one featuring one of the pop sensation's earlier 'dos — a blond wig with locks fashioned into a hair bow.

Among the standouts from Jersey Shore, Cole says Nicole Polizzi — better known as Snooki — is "going to be a big one this year," as individuals seek to recreate the pint-sized reality star's towering signature pouf, reminiscent of singer Amy Winehouse's much-mimicked beehive of Halloween past. THE ASSOCIATED PRESS

Chocolate and classic candies always a hit

In a block-long warehouse at the McKeesport Candy Co., wooden pallets are piled high with boxes of candy fangs, wax mustaches, peanut butter and chocolate pumpkins, even a bag of "blood" that resembles a hospital IV.

"The grosser the candy, the better it's going to sell," says owner Jon H. Prince.

While kids love gore and gimmicks when it comes to Halloween —

"The grosser the candy, the better it's going to sell."

JON H. PRINCE OF MCKEESPORT CANDY CO.

how can you not love a pair of wax fangs? — experts say children still are drawn to the classics their parents favour when filling the family treat bowl every year.

First on the list? Chocolate.

"The truth is that there are many tried and true candy favourites, especially at Halloween," says Susan Smith, a spokeswoman for the National Confectioners Association.

"Holidays represent tradition and small traditional favourites are the true kid pleasers on Halloween night."

Sixty-eight per cent of kids say they like to get treats made with chocolate.

late, while nine per cent go for lollipops, seven per cent go for gummy candy and another seven per cent prefer gum, the association said.

And last year, sales of gummy candies were on the rise. But it's not just the little colourful bears you might be used to. Think gory gummy — eyeballs, tongues, fingers, brains, even rats are all popular for Halloween.

THE ASSOCIATED PRESS



Candy Blood Bag



Drugs a challenge for Conviction Kitchen

► Chef Marc Thuet once again tries to transform ex-criminals ► This season he takes on Vancouver

Drug addiction loomed large on the second season of Conviction Kitchen, says celebrity chef Marc Thuet, who brought his gritty cooking show to Vancouver in a renewed bid to transform troubled ex-criminals into fine-dining chefs and restaurant staff.

Thuet and his wife and business partner Biana Zorich say the biggest obstacle for most of their motley crew was substance abuse, noting that

one promising chef ended up overdosing during the series while another showed up

high on heroin.

"Addiction was the number one cause of them being (in trouble with the law)," the burly French-born Thuet said Friday from the kitchen of his Toronto bakery.

"They're not convicts as much as they are addicts in Vancouver," Zorich added in agreement.

The series is more docudrama than food-frivolity as it traces the triumphs, and occasional failures, of some of society's most down-and-out.

While the first season began with 24 ex-cons at one of Thuet's Toronto eateries, the new season started with just 12 ex-cons assembled at a rundown martini bar blocks from Vancouver's Stanley



► Chef Marc Thuet and his wife and business partner Biana Zorich return to TV with season 2 of Conviction Kitchen.

Park. They include 28-year-old heroin addict Justin, 25-year-old thief Cassandra, and 54-year-old bank robber Richard, who says he's spent more years in prison than out.

Thuet says the ex-cons' personal battles are laid bare throughout the series, with Justin showing up to work clearly high and Cassandra disappearing for three days only to return saying she'd been

hospitalized for an overdose.

"To find drugs in Vancouver I think it's the easiest city," adds Thuet, who is also releasing a cookbook, French Food My Way, on Nov. 2.

"You go to East Hastings and it's like sending a kid to the candy store — you get everything."

Conviction Kitchen airs Sunday nights on Citytv.

THE CANADIAN PRESS

Stuffed Mushrooms

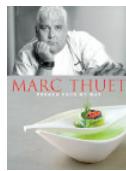


Goat cheese stuffed mushrooms with walnuts

Preparation:

- 1 Line 2 rimmed baking sheets with foil.
- 2 In a large bowl, toss mushrooms with oil to coat. Arrange in a single layer on baking sheets, rounded side up, and bake in a 190 C (375 F) oven for 20 to 25 minutes or until tender.
- 3 In a large skillet, cook bacon over medium-high heat for 7 to 8 minutes or until crisp. Drain on paper towels. Discard all but 15 ml (1 tbsp) of the bacon fat. In same skillet, add shallots, reduce heat to medium and cook for 3 minutes or until soft. Add garlic and cook for another minute.
- 4 Transfer to a large bowl and let cool to room temperature. Add goat cheese and walnuts. Mix well. Stir in parsley and rosemary.
- 5 Place heaping 5 ml (1 tsp) of filling in each mushroom. Bake in a 190 C (375 F) oven for 10 minutes or until heated through. Makes 16 to 24 servings.

THE ASSOCIATED PRESS



Marc Thuet's duck dish

Ingredients :

- 120 g (4 oz) duck breast, skin removed, fat trimmed
- 1 Bartlett pear
- 1 plum
- 1 fig, skin removed
- 2 Medjool dates
- 20 ml (4 tsp) blue cheese
- 20 sumac seeds
- Frisee
- 30 ml (2 tbsp) white truffle vinaigrette (recipe follows)
- Garnish
- Sliced pickled black radish
- Julienne endive
- Cloudberry puree
- Sesame oil

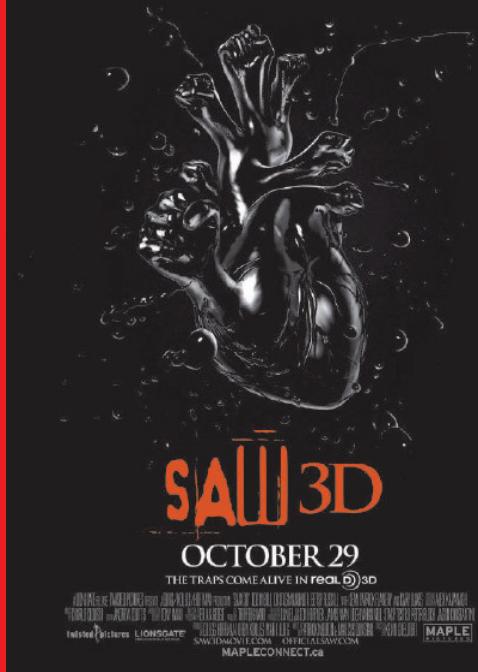
Duck Carpaccio

Preparation:

- 1 Cut duck into 12 thin slices. Finely slice pear and plum. Cut 4 slices of fig and remove skin so you have 4 fig wheels. Cut dates in half lengthwise and remove pits. Fill 4 halves of dates with cheese on the plate.
- 2 In a small skillet over medium heat, toast sumac seeds or place them under broiler for 10 seconds.
- 3 Lay duck slices in middle of a serving plate, slightly overlapping. Fan out pear and plum slices around duck. Arrange frisee, fig wheels and dates studded with cheese on the plate.
- 4 Sprinkle with sumac seeds and drizzle with truffle vinaigrette.
- 5 Garnish with pickled black radish, endive, cloudberry puree and a small drizzle of sesame oil. Makes 4 servings.

THE CANADIAN PRESS

IN HEART-POUNDING 3D



IN THEATRES OCTOBER 29

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TO ENTER

Reduce, reuse, re-cellphone

► 96 per cent of a cellphone is recyclable ► Website aims to keep handsets from entering Canadian landfills – steers users toward deposit spots

If you've bought a new cellphone recently, then you know saying goodbye to your old phone is often hard to do.

A recent survey found that the majority of Canadians keep their old phones in storage. When asked, two-thirds of Canadians with an old phone in storage said they would be willing to recycle it.

Recycle My Cell is a free national program that lets users find out where and how to properly dispose of their cellphones and other wireless devices at RecycleMyCell.ca.

The program, which incorporates numerous recycling initiatives across the country, is organized by



the Canadian Wireless Telecommunications Association in conjunction with cellphone carriers and handset manufacturers.

Many different items are accepted for recycling, including smartphones, pagers, wireless air cards,

batteries and accessories. Surprisingly, approximately 96 per cent of a cell phone is recyclable. All phones recovered are recycled or refurbished appropriately and in accordance with international e-waste laws.

The website allows con-

sumers to simply enter their postal code to locate the drop-off location closest to them where their devices will be accepted, regardless of brand or condition.

If you can't visit one of these drop-off locations in person, RecycleMyCell.ca provides postage-paid labels to use for mailing these devices, making recycling a wireless device hassle-free and at no cost to the consumer.

In addition, recycling your old phone helps numerous national and local charities who benefit either from direct reuse of parts, or from sales of recyclable products within these devices. **NEWS CANADA**

Cellular stats

► One year after the launch of Recycle My Cell, there are over 3,700 drop off locations in Canada.

► Almost 30,000 visitors to RecycleMyCell.ca in the past year were able to find a location in their area that will accept their devices regardless of condition.

LINDSAY COULTER

SEND YOUR QUESTIONS TO
QUEENOFGREEN@METRONEWS.CA
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SCREENING THE 'GREEN'

QUESTION:
How can I be sure I'm purchasing the highest quality "green" goods?

Nicole from Montreal, QC

ucts, cosmetics, and cleaners are most often guilty of this deceit.

Take sin number three for example, it's the "Sin of Vagueness." It means a claim is so poorly defined or so broad that its true meaning is likely to trick the consumer. A certified label on the other hand, like the USDA Organic, will have a fixed set of regulated standards often verified by an independent or third party organization.

Don't fret. We made it easy for you to understand labels and claims found on everyday products.

Download our Eco-label guide at davidsuzuki.org. It highlights some of the most common certified eco-labels you'll run into. It will help you make informed decisions.



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Internships help you take that next step

► Half of employers consider hiring an intern ► Think of placement as extended job interview, show them your best



For university and college students dreading graduation, it may seem like the least probable fluke of fortune — the unpaid, unappreciated internship that blossoms into a salaried, respectable post, and a healthy paycheque.

With the economy still recovering, one might think that interns clutching half-page resumes find themselves at the bottom of the waiting list for in-demand jobs.

But as CareerBuilder.com coach Allison Nawoj explains, interns have a foot in the door — or more precisely, a reputation in the office — that can escalate them into entry-level work, or beyond.

"Getting a full-time opportunity out of an internship is more than likely," Nawoj says. In fact, CareerBuilder's most recent survey of employers estimates that at least half of bosses would slide a job offer to an intern — if said intern had the right stuff.

"That's an encouraging statistic for people to keep in mind," she says.

The Internship Bible author Samer Hamadeh concurs. "If you're a hard worker, you're solid, you've got really good skills, the

who to intern for

- Some companies view interns as expendable transients revolving out the door each semester. But for a select few prestigious employers, internships are a structured method for harvesting talent: Microsoft, Dell, Frito Lay, Goldman Sachs and Procter & Gamble all treat interns like future movers and shakers, Hamadeh notes. "We've talked to some interns at the CIA who've done some top secret stuff — policy papers on Russia they can't even tell us about," he says.

jobs will open up," he says. "If you're the type of person

that

gen-

uinely you're what organizations really want."

"If you're not like that, you can't really fake it," he adds.

But even if you lack the moxie of a super-intern, mundane habits can establish your readiness for real-world work.

"Thinking of your internship as an extended job interview, which it kind of is," Nawoj offers. "Meet deadlines, always be on time and be professional."

Make friends, too, she adds. "Ask people in the department if you can shadow them," she suggests. "That shows that you're seeking out challenges, which is a great way to extend your internship into a full-time opportunity."

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wants to learn, then



AN INSPIRING RAGS TO RICHES STORY

TurningPoint

TERESA KRUZE

TURNINGPOINTMEDIA.CA



She sat on the bed in the shelter and started to cry. Lia Grimanis was 16 and homeless after fleeing a violent home. "That night I decided I would become a role model. I wanted to be the person that came back to the

shelter and said, 'I made it.'"

From a shelter, to welfare to starting her own business, Lia worked quickly. She moved into technology sales and was soon making \$250,000 a year. Fifteen years passed and she was respected and successful beyond her

wildest dreams but she still wasn't ready to tell her story.

Lia's turning point came one night while at a public meeting near her home in Toronto. People were upset a homeless shelter was being opened down the street. Finally Lia stood up and said, "Look at my face. Look at me. I was homeless."

The next day Lia launched a website called Up with Women where people could share their stories. Now when she walks through the door of any shelter she is an inspiration to everyone in the room. Lia Grimanis can finally say, "I made it."

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Students making contact online

► Online degree programs help students form tighter and more intimate relationships

DREW HINSHAW
LIFE@METRONEWS.CA

In a world that revolves as much around who you know as what you know, the university lawn was once the venue to come to know both: a place to take mind-swelling intro lectures, then share plastic beer cups with future digi-

naries of America.

But as the new millennium's young transpose their social circles to the Internet, the emerging place for students to network is on the network — in online degree programs.

Once the domain of mouse-clicking shut-ins nabbing B.A.'s in their PJs, Internet-based coursework has become a top way to meet like-minded learners chiseling similar careers.

"The issue of isolation and having to be completely independent in a degree program is beginning to become a secondary issue," explains Lessons From the Cyberspace Classroom author Rena Palloff.

"All the people who work in online programs are starting to build collab-



orative activities into their online courses to make sure their students stay in touch with each other and support each other."

That work is paying off big time, she says. Student's facility with social media, plus the smoke-screen of anonymity that online work offers, means that classmates are forming tighter, more intimate relationships in online pro-

pick a program

► As you scout for online degree programs, make sure you select a school with plenty of planned peer-to-peer interaction.

grams than they would in daunting lecture halls.

Which is great, The Virtual Student author Keith Pratt says, because stu-

"Research shows when it's not required, it doesn't get done," warns Michael G. Moore, editor of The American Journal of Distance Education.

► Once you've plugged in,

reach out. "Connect on Facebook," Palloff recommends. "Oftentimes, in online classes the email addresses of classmates are available, so you can certainly connect."

thinking that they're going to be all by themselves," he says. "If students get isolated, they're not going to continue."

dents need serious peer-to-peer encouragement to follow through with their online coursework. "Students shouldn't go in there

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B.o.B ft Rivers Cuomo
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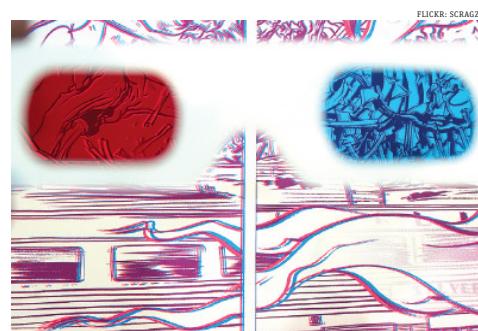
Nelly - Just A Dream

Katy Perry - Teenage
Dream

101.3 THE BOUNCE.com



Not everyone has 3D 'vision': study



"We're looking into what exactly are the reasons for the stereo loss in some of these people and the idea is to take a few examples of people who don't do very well and see if we get to whether there's a common reason for it." ROBERT HESS

CBC's recent 3D broadcast of a documentary about the Queen may help provide clues about how many Canadians can't actually see programming in the third dimension.

Manufacturers and content producers are eager to push everything in 3D nowadays — including movies, TV shows, sporting events, video games and even commercials — and hope consumers will embrace a slow march toward experiencing virtually all their entertainment with glasses on (or at least until glasses-free 3D is fully commercialized).

But what if the 3D revolution arrives in full force and Canadians can't see it?

McGill University researchers launched a study connected to the CBC's 3D documentary and got about 1,000 people to test their stereopsis, or 3D vision. While the numbers

are still being crunched, one of the leads on the project says he's taken aback by how many people can't see 3D.

"We're just analysing that data at the moment but we were surprised at the extent to which there's so many people out there who have very poor stereo (vision) and we don't know the reason for that," said Prof. Robert Hess of McGill's department of ophthalmology.

"It could be trivial, it may not involve actual brain processing, it may involve how people align their eyes. But whatever it is, it means their stereo capabilities are not really that good. They can see in 3D but they can only see quite large disparities, they wouldn't pick up subtle changes."

He expects to have a full report completed in a few weeks. It's been estimated

that about three per cent of the population has amblyopia, commonly called lazy eye, which means people only use one eye and can't really detect the 3D effect.

Other studies around the world have pegged the numbers of people who can't see 3D in the range of five to 12 per cent.

Hess, one of Canada's

leading researchers on measuring stereo vision, said this study has been interesting because it involves a much larger group of people than other similar projects.

"We got about 1,000 people responding, which isn't huge, but the numbers of people that had previously been tested were in groups of five or six," he said.

"We measured stereo vision using the simplest, most valid test we could put together — and it's by no means foolproof, it's not the way you'd measure in a laboratory — but it did have a lot more rigour to it than ordinary clinical testing would have done."

Hess said there's obviously a lot of interest in the research for its commercial implications, but he's also hoping it sheds light on why people lose their stereo vision. **THE CANADIAN PRESS**

Slow starts down Mooseheads

► Halifax plays from behind during home losses on weekend



Matthew Wuest

@METRONEWS.CA

Bobby Smith isn't letting a tough weekend at the Metro Centre discourage him.

The majority-owner-turned-head-coach suffered back-to-back losses on home ice, with the Cape Breton Screaming Eagles embarrassing his Halifax Mooseheads 7-2 in front of a season-high crowd on Pink in the Rink night on Friday and the Saint John Sea Dogs winning a harder-fought 5-3 affair on Saturday.

Smith, who won his coaching debut last Tuesday, called Friday's setback "very disappointing" but Saturday's "less so."

"We're building something here," Smith said, when asked if his confidence was shaken.

"We'll get back at it this week in practice and Wednesday against

Gatineau."

Slow starts burned the Mooseheads both nights.

They came out listless against the Screaming Eagles, who had a 4-0 lead on separate two-goal outbursts in 12- and 13-second spans against beleaguered goalie Mathieu Corbeil.

The Sea Dogs, meanwhile, had a 2-0 lead midway through the first versus rookie goalie Anthony Terenzio.

"It's not real easy playing from behind," said Mooseheads defenceman Sawyer Hannay on Friday.

Smith said "it's hard to say" what contributed to the slow starts, but added that Saturday's game wasn't "so bad" as Friday's game.

"We had chances to get the first goal ourselves," Smith said.

The Mooseheads are 5-11-1, last in the Maritime Division and tied for third last in the QMJHL.

Fightin' friends

► Sawyer Hannay fought close friend and former defence partner Spencer Metcalfe on Friday. Metcalfe, 20, had the upper hand, as Hannay, 18, was left with stitches on his nose.

► The two defencemen have been among the QMJHL's

leaders in fighting majors the past two seasons.

► "Out of everyone I've ever fought, he hit me the hardest," said Hannay. "He cut me up pretty good but I wouldn't want to be cut by anyone else. He's one of the best buddies I made coming to Halifax."



► Brent Andrews had a goal and an assist in the Halifax Mooseheads' 5-3 loss to the Saint John Sea Dogs on Saturday.

Huskies push winning streak to four games

The Saint Mary's Huskies are gaining steam as they head toward the playoffs.

The Huskies won their fourth straight game, 43-7 over the Mount Allison Mounties on Saturday at Huskies Stadium, and are atop the Atlantic University Sport football standings with a 4-3 record.

With a win in the season finale against the Acadia Axemen this Saturday

in Wolfville, the Huskies can wrap up a first-round bye in their bid for their fourth straight AUS title.

Tailback Craig Leger piled up 172 yards and a touchdown on Saturday while Devon Jones added three more majors on the ground. Quarterback Michael Brown was 11-of-23 for 205 yards and a touchdown.

● METRO HALIFAX



► Craig Leger

Sports in brief

Marauders fall in overtime

MHL. The Metro Marauders lost 2-1 in overtime yesterday to the Campbellton Tigers in Maritime Junior Hockey League action in New Brunswick. Wayne Bedekki scored for the Marauders, 10-7-1.

Dal Tigers stay unbeaten

AUS SOCCER. The Dalhousie Tigers

women's soccer team is still unbeaten at 9-0-2 after a 3-0 win over the New Brunswick Varsity Reds on Saturday. They are a point out of first in Atlantic University Sport.

Huskies lay beating on Bleus

AUS HOCKEY. The Saint Mary's Huskies blasted the Moncton Aigles Bleus 7-1 and are off to a 2-1 start in Atlantic University Sport men's hockey play. The defending national champs are tied for third overall.

● METRO HALIFAX

4 sports

Sports news

Roger Hollett

The Fairview native won a unanimous decision over California's Mychal Clark at the Warrior 1: New Ground mixed-martial arts event at the Halifax Forum on Saturday. It was Hollett's first fight since November 2009.



Colleen Jones

The two-time world women's curling champion from Mayflower was eliminated from playoff contention yesterday at the Manitoba Lotteries women's curling classic in Winnipeg. Jones lost 6-2 to Jill Thurston of the home city and had a 1-3 record.



Scan code for sports

Giants full of 'characters,' 'castoffs,' 'misfits'

Bruce Bochy mixed and matched the San Francisco Giants all the way to the World Series.

From Game 1 of the division series against Atlanta to the NL pennant clincher Saturday night in Philly, Bochy's moves have been right on this October.

How about those three double-switches he made in a Game 4 victory over the Phillies?

It seems all the close games the Giants played this season were good, and not only for the players but for Bochy, too.

"You certainly can't drift mentally, that's for sure, when you're not putting a lot of runs on the board and playing these tight games," Bochy said.

Now Bochy and his Giants have a chance to win it all — something this franchise hasn't done since moving West in 1958. San Francisco will host World Series first-timer Texas in Game 1 Wednesday night at AT&T Park.

Bochy endured his share of playoff failure in the past. He had experienced little success this time of year until now, in his fourth season with San Francisco. Bochy lost 10 of his previous 11 post-season games while managing the Padres before this remarkable 2010 run by a club he has referred to as "characters," "castoffs" and "misfits."

For all those amused by the former catcher's slow shuffle to the mound or penchant for using veterans, there's no question how much the 55-year-old Bochy cares about his players. Players appreciate knowing when they will be in the lineup or why they aren't out there — and Bochy is known for communicating such things and having the tough conversations when necessary.

Take the decision to leave struggling \$126-million US starting pitcher Barry Zito off the roster for the first two rounds. Not an easy call.

THE ASSOCIATED PRESS

New era off to a quiet start

► First Sunday afternoon since NFL began crackdown on violent hits sees no players fined ► Players had been warned extensively by league



► New England Patriots safety Brandon Meriweather hits San Diego Chargers wide receiver Patrick Crayton yesterday.

Dolphins cornerback Sean Smith had Steelers receiver Hines Ward lined up, ready to deliver the big hit. Instead of going high, he went for Ward's legs. No fine or penalty for that one.

It was the sort of play that, most Sundays, would have gone unnoticed, especially because Ward returned to the field a play later after getting his knees checked out.

Yesterday was different, though, because it marked the first set of games since the NFL said it would be cracking down on illegal hits, handing out fines and threatening suspensions. Actually, Ward's

brief absence, and the almost total lack of big shots in the afternoon's other NFL games, made it look a lot like any given Sunday, even if it's still too early to tell for sure how things are — or aren't — going to change over time.

"It's football," Ward said. "If you play this game worried about getting hurt, you will get hurt. It's a fearless game, it's a physical game, so the rule is the rule. You can't play this game scared. If you do, you won't last long."

With all but one of the day's 13 games complete, there were no cringe-inducing hits to replay on

O
No players were penalized for illegal hits to the head over the 12 afternoon games, giving the league every reason to believe its message got through.

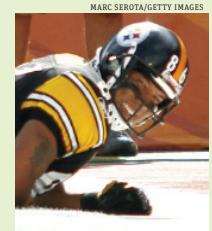
the highlight shows — nothing the likes of what James Harrison, Brandon Meriweather and Duonta Robinson delivered last weekend in a spate of vicious plays that brought about hundreds of thousands of dollars in fines, along with repeated re-

minders that the league would be watching more closely from now on.

By sending out its various warnings — a memo from commissioner Roger Goodell, a video showing can- and can't-dos, lists sent to coaches letting them know which players have multiple unnecessary roughness penalties — the NFL is looking for more certainty in a sport that has many shades of grey.

"I've seen a change in players' behaviour in one week," NFL officiating chief Carl Johnson was quoted as telling Peter King on NBC's Football Night in America.

THE ASSOCIATED PRESS



Steelers 23, Dolphins 22

The officials eventually got it right that Ben Roethlisberger fumbled at the goal-line. The Dolphins were still left feeling wronged yesterday.

An officiating mistake negated Roethlisberger's late fumble, and the Steelers kicked the game-winning field goal on the next play.

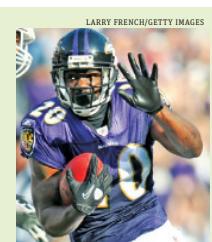
Jeff Reed made an 18-yarder with 2:30 left, allowing Pittsburgh to escape with a win.



Browns 30, Saints 17

David Bowens returned two of Drew Brees' four interceptions for touchdowns and the Browns stunned the defending champion Saints.

Rookie Colt McCoy passed for only 74 yards but got his first win as an NFL starter — a desperately needed one for the struggling Browns (2-5).



Ravens 37, Bills 34 OT

The Bills came close, but Billy Cundiff kicked a 38-yard field goal with 10:57 left in overtime after Ray Lewis stripped the ball from tight end Shaw Nelson, and Baltimore squeezed past winless Buffalo (0-6).

Joe Flacco threw three touchdown passes for the Ravens, who survived an uncharacteristic performance by a defence that was shredded for 505 yards. THE ASSOCIATED PRESS

Favre copped to voice mails: Report

Brett Favre reportedly admitted leaving voice mails for the former New York Jets game hostess to whom a website reports he also sent lewd photos.

Fox Television's Jay Glazer reported yesterday that Favre told league investigators earlier this week he left phone messages for Jenn Sterger, who worked

for the Jets in 2008 when Favre was their quarterback.

Fox did not say who provided the information. The NFL said it is not commenting on details of the investigation.

Glazer also reported Favre denied sending Sterger inappropriate photos.

The NFL is investigating

a Deadspin report earlier this month that Favre sent the racy photos to Sterger two years ago. Sterger, now an on-air personality for Versus, has not co-operated with the league yet, but her manager, Phil Reese, told The Associated Press yesterday that could happen soon.

THE ASSOCIATED PRESS



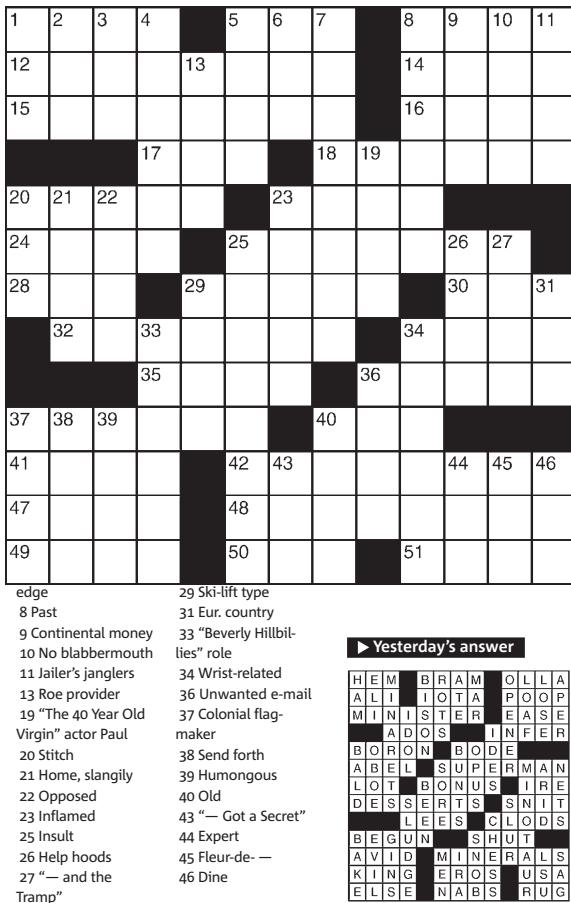
► Brett Favre

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Crossword

Across
 1 Burden
 5 "a real nowhere man,..."
 8 Call partner
 12 Irritating
 14 Christmas
 15 Tricycle's kin
 16 Black and white
 17 Father
 18 Motorcycle sounds
 20 Burn with steam
 23 Mythical man-goat
 24 Sea eagle
 25 "Who cares?"
 28 Humour
 29 Unable to escape
 30 Suitcase
 32 "Sesame Street" resident
 34 Relinquish
 35 Riske
 36 Lecherous fellow
 37 Comment
 40 Spring mo.
 41 Portent
 42 New York City
 47 Autograph
 48 Church recitation
 49 Remain
 50 A Kennedy brother
 51 Missing

Down
 1 Science workshop
 2 Sapporo sash
 3 S.A. nation
 4 Waste time
 5 Didn't waste time
 6 Previous night
 7 Having a woven



Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you start the week in a panic you will regret it by midweek. You may be under the impression that if you don't get certain things finished now they won't get done at all but that's simply not true. Stay calm.

♉ Taurus April 21-May 21 You have made more than enough sacrifices in recent weeks and anyone who wants you to make more must be told in no uncertain fashion that you've done all you are going to do for them.

♊ Gemini May 22-June 21 You need to deal with relationship problems now — and that means right this very minute. If you don't there will be a rather messy clash of egos.

♋ Cancer June 22-July 22 Make the most of the next few days to get your daily routine in some kind of order, because if you don't you will be snowed under with work.

♌ Leo July 23-Aug. 23 This should be a highly productive time for you, but take care you don't agree to things you might regret later. Even a Leo has to pick and choose between commitments. You cannot do everything, nor should you want to.

♍ Virgo Aug. 24- Sept. 22 Make time for other people today, especially those people whose help and assistance have been invaluable to you in the past. You may need to call on them again this week, so be nice.

♎ Libra Sept. 23-Oct. 23 Stick to what comes easy to you today because if you tackle challenges that are beyond your area of expertise you could get yourself in a serious muddle.

♏ Scorpio Oct. 24-Nov. 22 How do you change your life for the better? Have you considered that the best way might be to change nothing at all? If you leave well alone, everything will turn out for you just right.

♐ Sagittarius Nov. 23-Dec. 21 Do you give in to others' demands for the sake of a peaceful life, or do you stand up for yourself? Only you can decide but later in the week you'll be a lot more assertive.

Sudoku

2	4	8	6		1
5	3	1	4		
8		7			
	7			6	3
3	9	2		5	
			2		6
	9	4	5	8	
5		6	7	1	4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

H	E	M	B	R	A	M	O	L	L	A
A	L	I	I	O	T	A	P	O	O	P
M	I	N	S	T	E	R	E	A	S	E
	A	D	O	S		I	N	F	E	R
B	O	R	O	N		B	O	D	E	
A	B	E	L		S	U	P	E	R	M
L	O	T		B	O	N	U	S	I	R
D	E	S	S	E	R	T	S	S	N	I
	L	E	E	S	C	L	O	D	S	
B	E	G	U	N		S	H	U	T	
A	V	I	D	M	I	N	E	R	A	L
K	I	N	G	E	R	O	S	U	S	A
E	L	S	E	N	A	B	S	R	U	G

Yesterday's answer

7	9	3	2	8	4	6	5	1
4	5	2	6	1	9	3	7	8
8	1	6	7	5	3	9	2	4
9	8	7	4	6	1	5	3	2
1	3	4	9	2	5	7	8	6
2	6	5	3	7	8	4	1	9
6	2	1	5	9	7	8	4	3
3	7	9	8	4	2	1	6	5
5	4	8	1	3	6	2	9	7

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LOVE, MOO

Ms. Candace, trust your heart as I trust your heart and open yourself to all possibilities. Thank you so much for making my life better and remember I'm here to do the same for you.
LOVE, MR. SABLE

g-money since the relationship started I'm the happiest I've ever been, I still get butterflies when I'm in your presence. I hope you are willing to take it to the next level. Love always and forever,
YOUR RITALIN ROCKET

Today



11° / 9°

Variable

Tuesday



14° / 12°

Rain



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